

## **Hemi-Hamate arthroplasty**

### **4-5 days:**

Splint: Digital volar gutter static splint is fashioned with PIP in neutral (0). Edema control to the digit is emphasized.

Motion: Active range of motion exercises are initiated for the PIP 15 min/hr with emphasis on full finger flexion. Patients are shown how to perform active motion as well as isolated passive flexion of the MCP and DIP joints. Active Assist of PIP flexion is allowed in therapy.

### **Week 2:**

Splint: Continue to wear orthosis for sleep and during day between exercises. The patient's splint may be adjusted weekly if neutral PIP extension is not achieved during initial splint fabrication.

Motion: Same as above, with the addition of passive PIP flexion and PIP extension to neutral ONLY.

### **Week 6:**

Splint: Flexion or extension static splints may be applied as needed. Continue to wear splint for sleep and in between exercises if flexion contracture is present.

Motion: Continue as above

### **Week 8:**

Continue with ROM exercises above. May begin gentle strengthening depending on radiographic healing.

\*Heavy use of the hand for sport or labor is not resumed until at least 12 weeks post-op depending on radiographic healing.